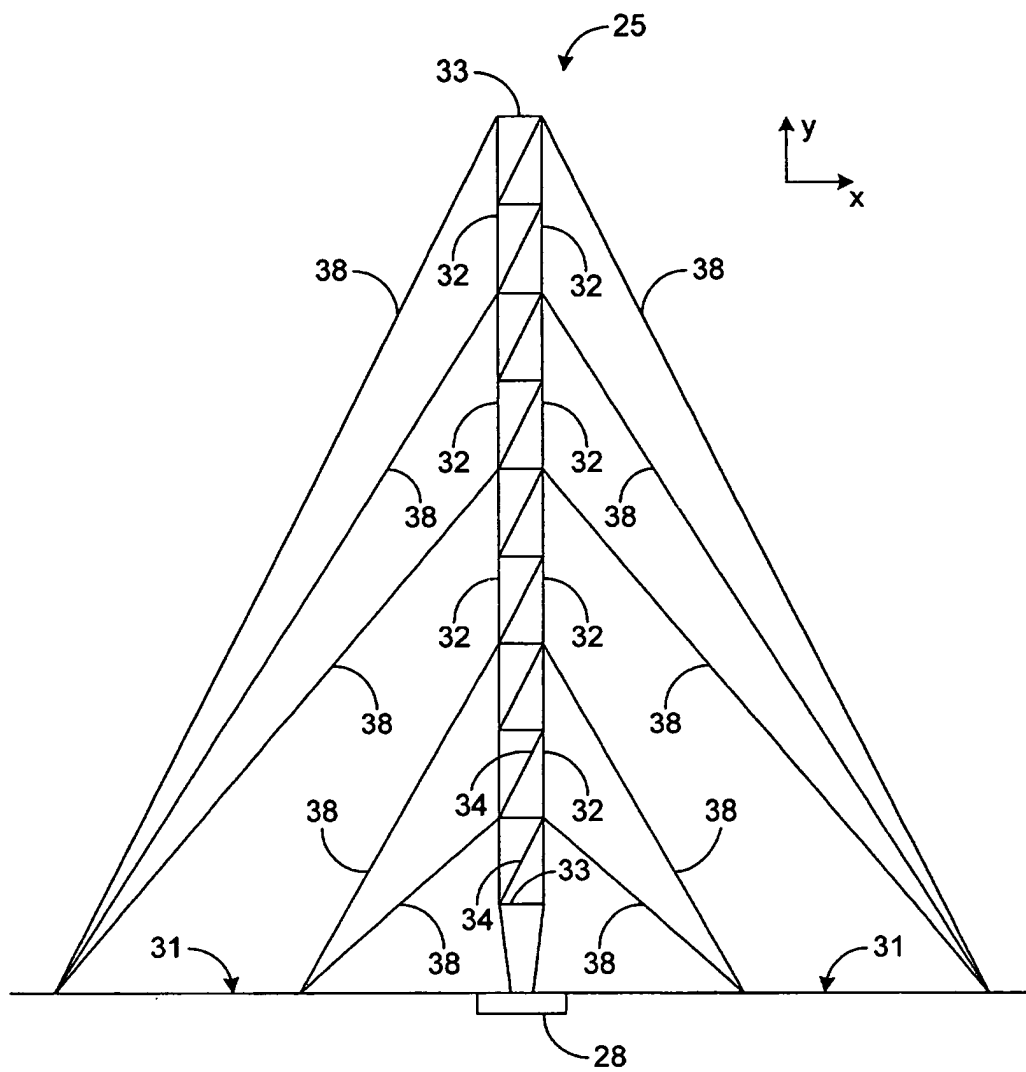
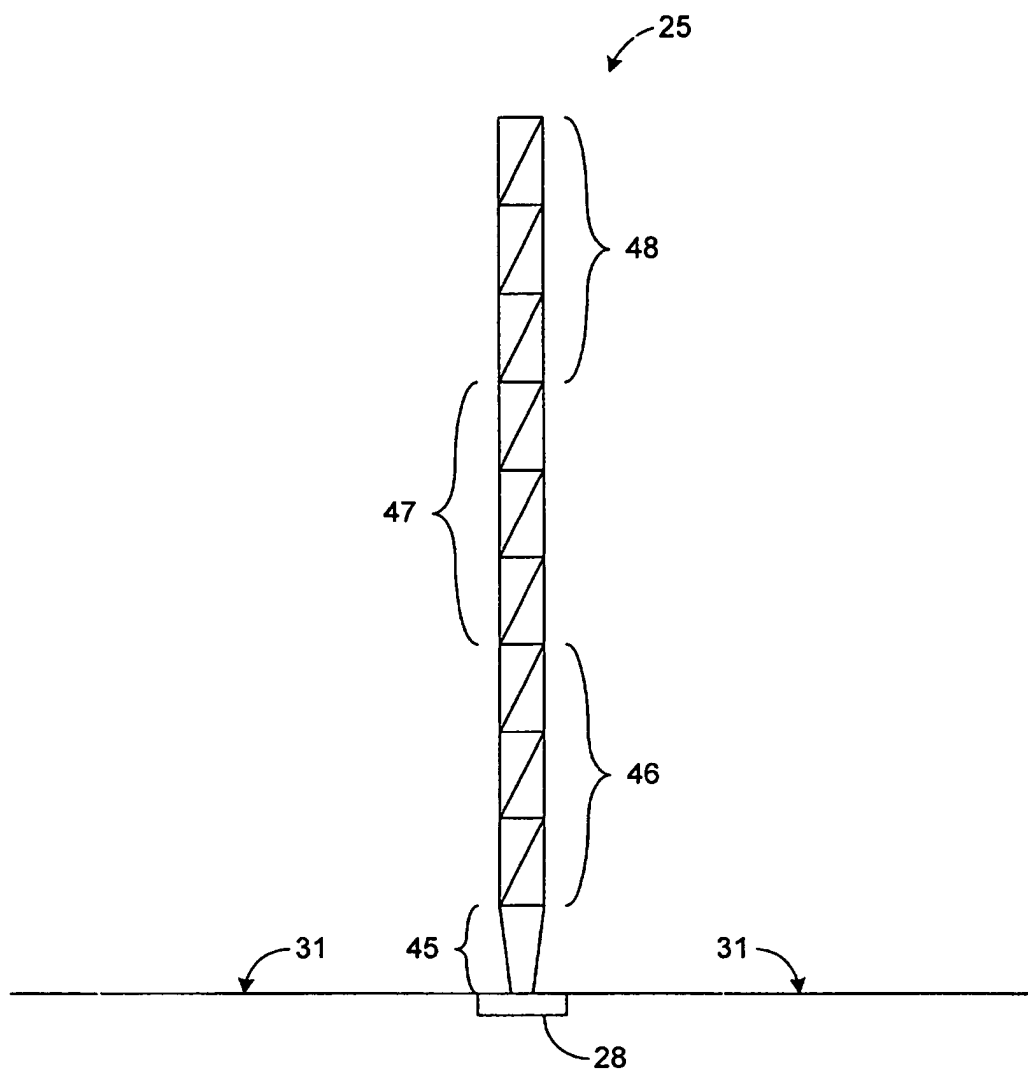


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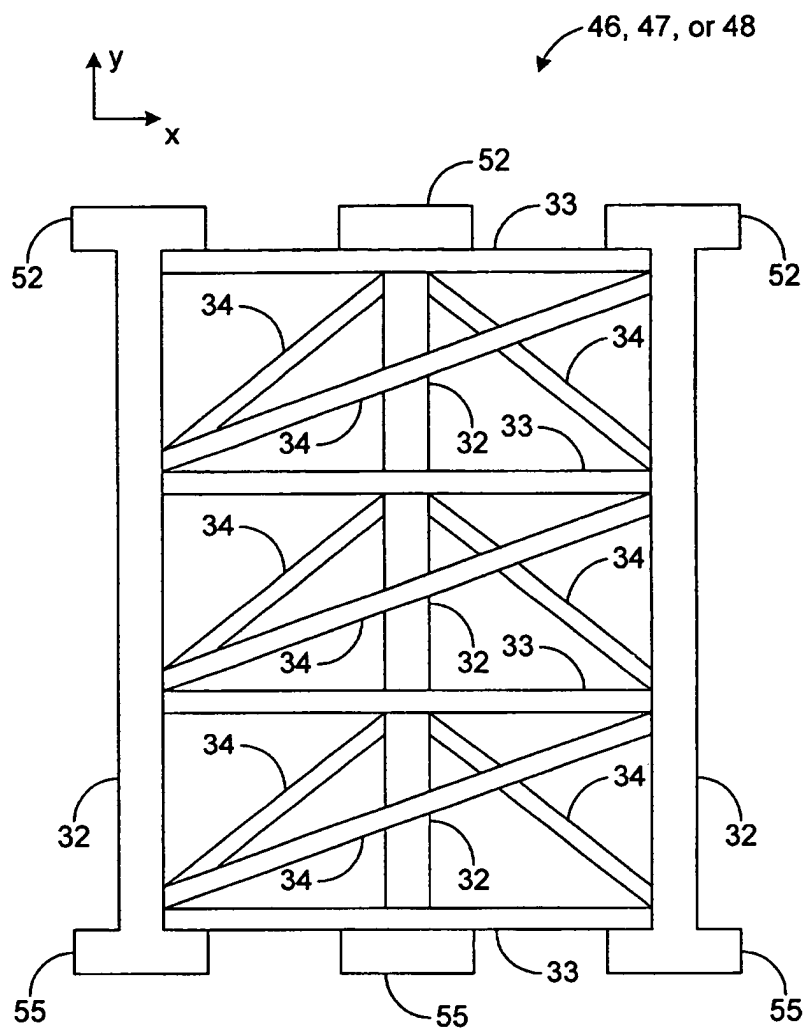


**FIG. 1**  
(Prior Art)

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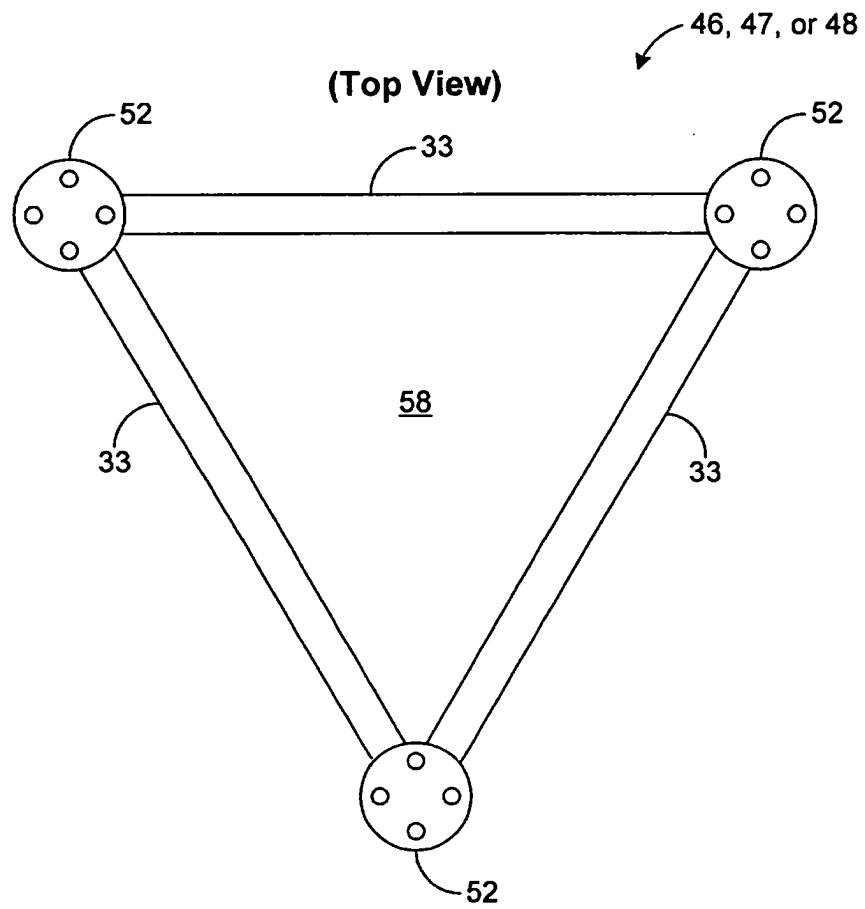


**FIG. 2**  
(Prior Art)



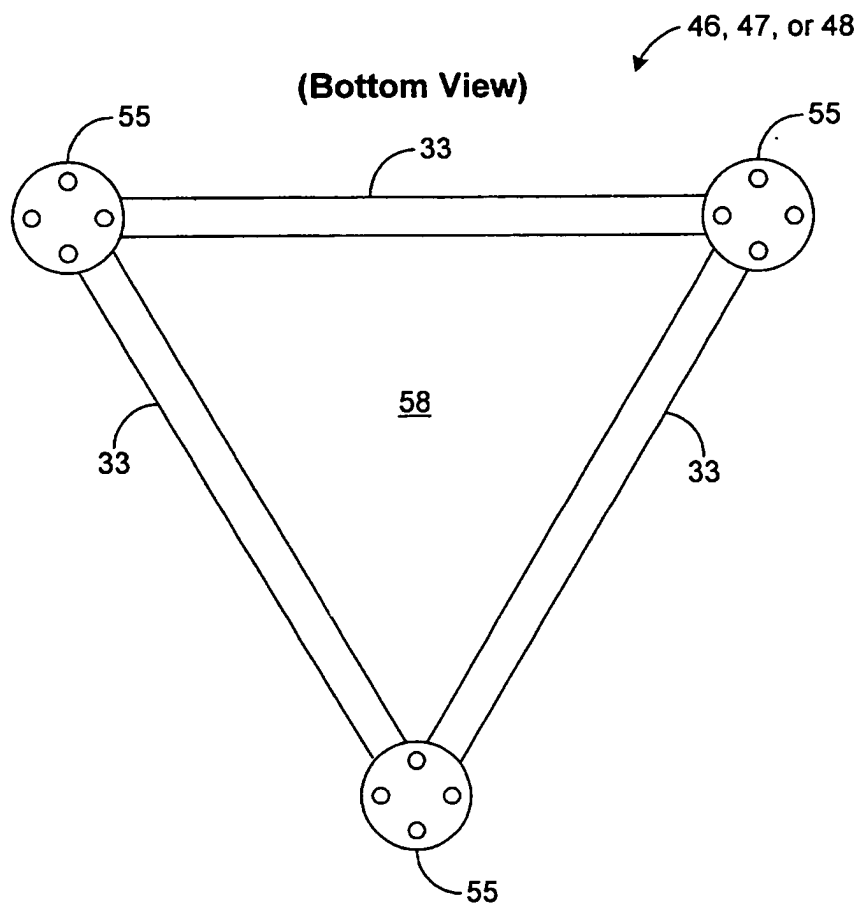
**FIG. 3**  
(Prior Art)

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group (CG) and the experimental group (EG). The CG was divided into two subgroups: the control group (CG) and the control group (CG). The EG was divided into two subgroups: the experimental group (EG) and the experimental group (EG). The CG was divided into two subgroups: the control group (CG) and the control group (CG). The EG was divided into two subgroups: the experimental group (EG) and the experimental group (EG).



**FIG. 4**  
(Prior Art)

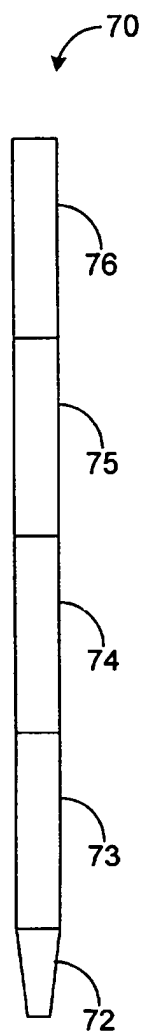
**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times a week, at 60% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and HRR of the subjects. The HR at rest decreased from 72 to 68 beats per minute (b·min<sup>-1</sup>) and the HRR increased from 28 to 32 b·min<sup>-1</sup> after 10 weeks of training. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.



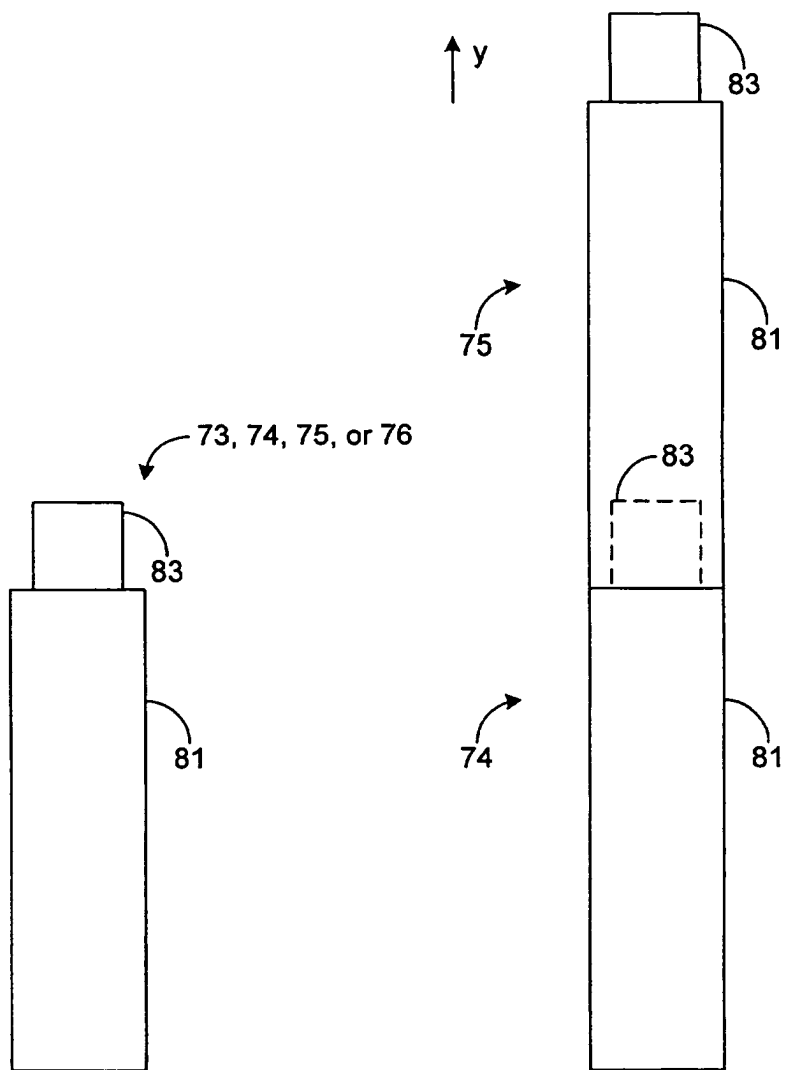
**FIG. 5**  
(Prior Art)



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**FIG. 7**

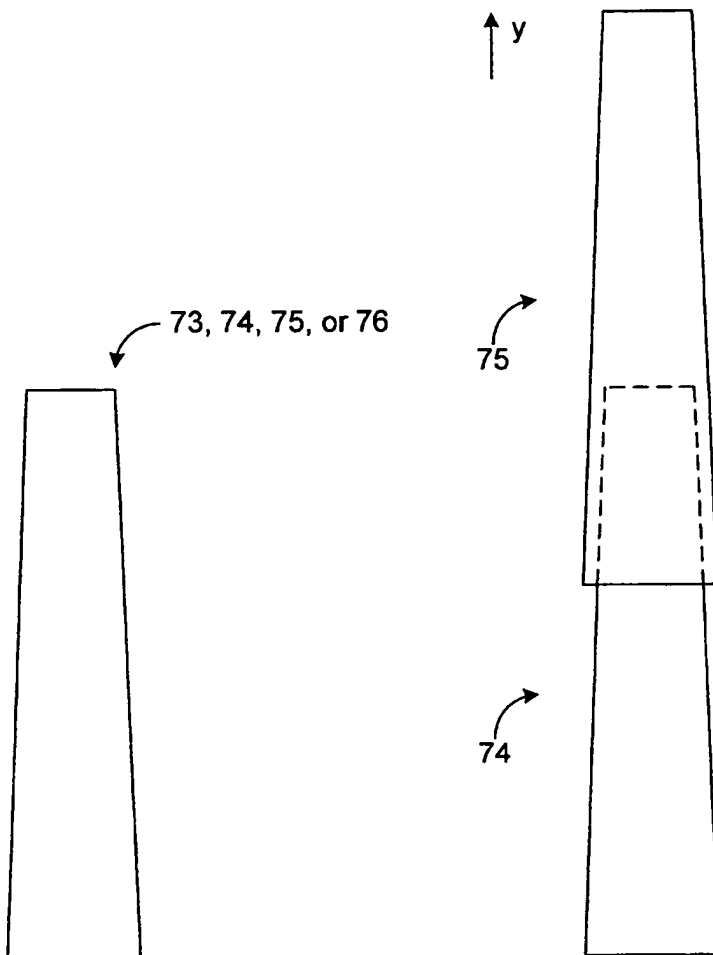


**FIG. 8**

**FIG. 9**



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**FIG. 10**

FIG. 11

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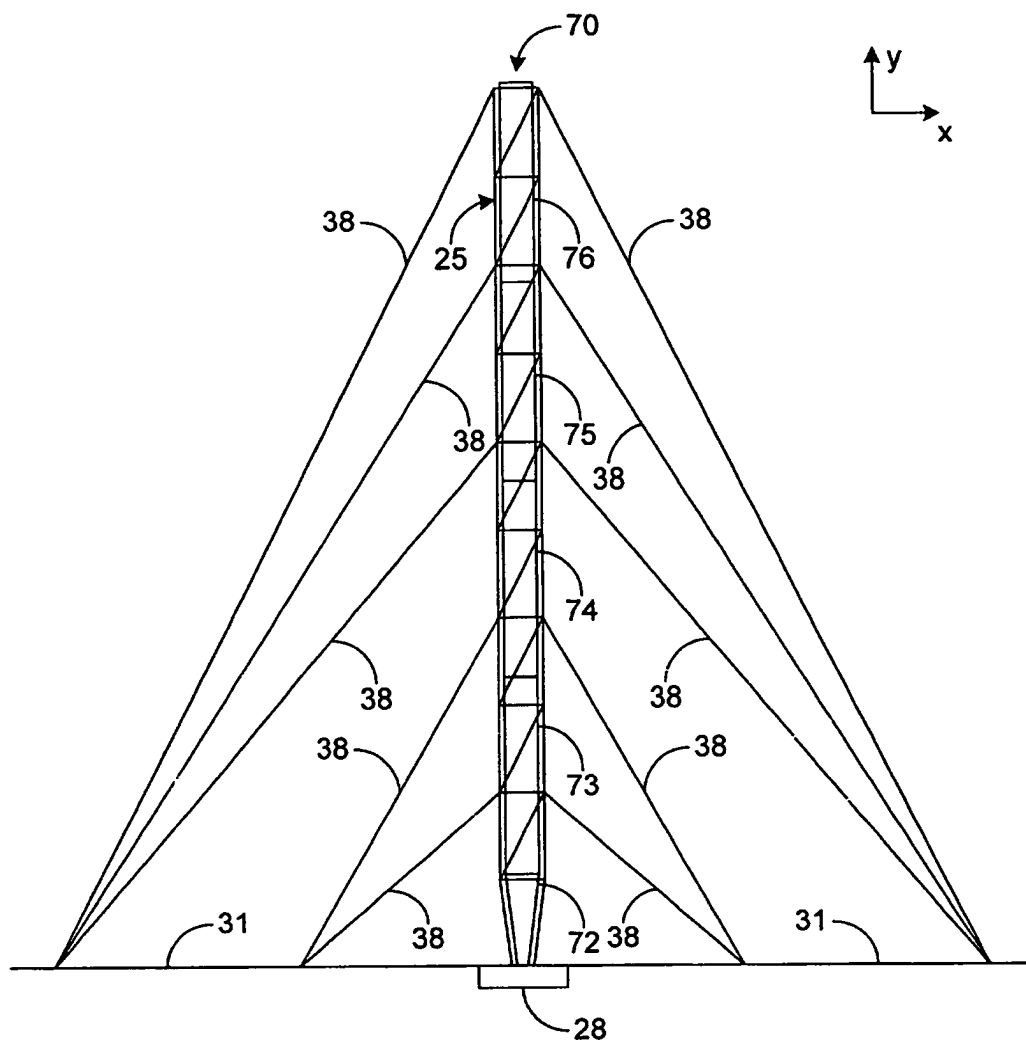
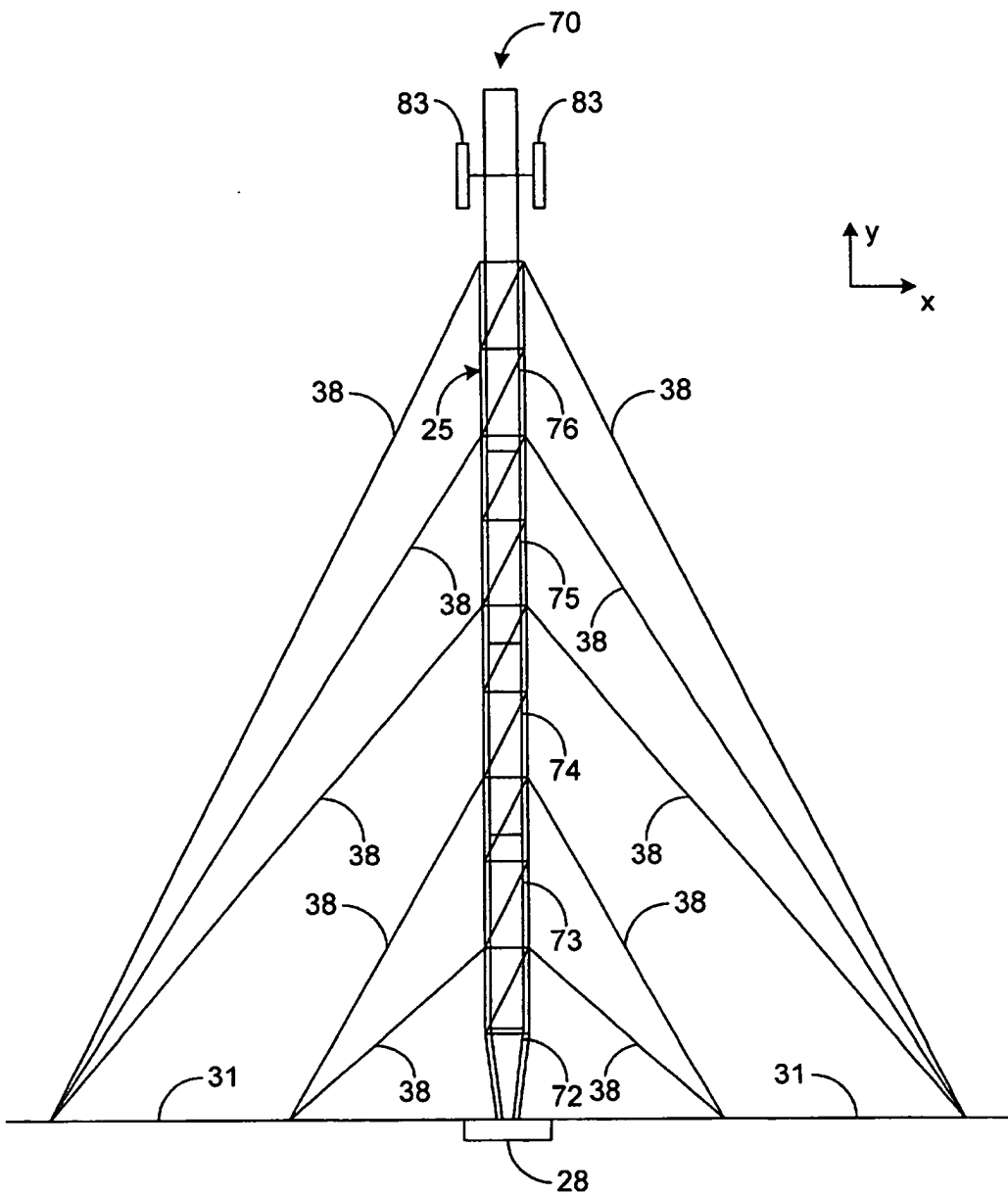


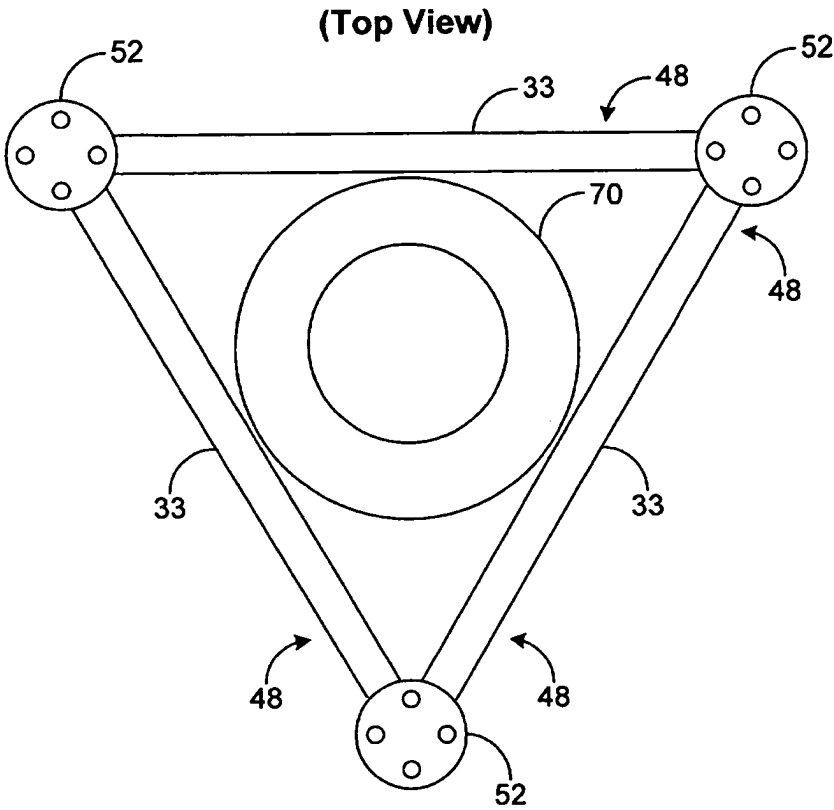
FIG. 12

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**FIG. 13**

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**FIG. 14**